



CHURCHVILLE RECREATION COUNCIL

HOPPIN' HAWKS JUMP ROPE CLUB

Jump rope is FUN and a great way to increase COORDINATION, PHYSICAL FITNESS, and to CROSS-TRAIN for other sports. Our instructional programs run for eight weeks; they are open to any girl or boy, **ages 5 and up** who wants to jump rope. JUMPERS WILL LEARN single rope skills, partner challenges, speed and power moves, long rope tricks, choreographed group routines & Double Dutch. Jumpers are placed on ability teams and advance to higher level teams when ready. All new jumpers begin on our intro team; TALONS.

Visit our website at www.hoppinhawks.org for more information.

For questions email hoppin_hawks@yahoo.com.

All sessions will be held at the Prospect Mill Elementary School on Thursday evenings.

Times and costs for all sessions are as follows: **Circle desired team below**

Beginner - Talons	5:30-6:25 pm	\$55/session	\$95/two sessions	\$140/three sessions
*Intermediate - Wings	6:30-7:25 pm	\$55/session	\$95/two sessions	\$140/three sessions
*Advanced-Soar/F.I.T.	7:30-8:50 pm	\$60/session	\$105/two sessions	\$155/three sessions
**Double Dutch	6:30-7:30 pm	\$30/three weeks	N/A	N/A

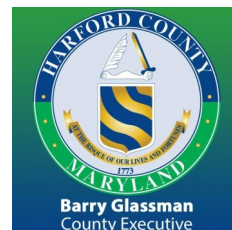
* Advanced teams: Must complete Talons before advancing to Wings and complete Wings before moving to SOAR/F.I.T.

** Double Dutch (must be registered in Wings or higher)

Discounts for multiple sessions apply only if registered by September

2017 season and dates are as follows: Check desired season(s) below

- ☐ Winter. January 5 - February 23rd
☐ Spring. March 16 - May 18th
☐ Double Dutch. December 1st, 8th and 15th
(must be registered in Wings or higher)



CHECKS ARE MADE PAYABLE TO: "Churchville Recreation Council". Please DO NOT drop off your registration form at the Recreation Complex. PLEASE MAIL to P.O. Box 155, Churchville, MD 21028. Classes will be held on a first come, first served basis contingent upon sufficient registration. There will be No Refunds or Transfers of registration. Payment must be made at the time of registration. Unless you are otherwise notified, you may assume that the class will be held as scheduled. Your cancelled check will be your receipt.

Jumper's Name (please print): _____ Home Phone: _____

Is your child in any other Churchville Recreation programs? _____

If so, which and when did they last participate? _____

Parent Email Address: _____ Age: _____

DISCLOSURE STATEMENT

I do hereby expressly agree to release Harford County, Maryland, a body corporate and politic of the State of Maryland, and its elected and appointed officials, agents, officers, and employees, from all liability arising from any harm or injury, including death, sustained by me while participating in this program. I understand that there is an inherent risk involved in any program. I certify, by my signature, that I understand this and agree. I also certify that my child is physically capable of participating. I will make the instructors aware of any allergies and/or medical problems. By my signature I acknowledge my understanding of the Concussion Information, SB771/HB858, which requires that all parents/guardians and athletes be made aware of the dangers a concussion may have on an athlete. This can be found at the Center for Disease Control, www.cdc.gov/headsup/youthsports/index.html. Also the Sudden Cardiac Arrest, HB 427, which requires that all parents and athletes be made aware of the dangers that sudden cardiac arrest may have on an athlete, found at www.nhlbi.nih.gov/health/health-topics/topics/scda. Further information on both can be found by calling 1-800-232-4636.

Parent Signature: _____ Date: _____